



Join us each month for 90 minutes of virtual fun where participants will be able to get active, learn simple everyday tips for making healthy choices, and engage with a chef while watching a cooking demonstration.

Dine, Learn & Move is FREE and presented to you in partnership with Prince George's County Health Department, Suburban Hospital, University of Maryland Capital Region Health, and M-NCPPC, Department of Parks and Recreation, Prince George's County.

**Close to the Kitchen: Stay Safe, Healthy & Active
Wednesday, March 24, 6-7:30 pm**

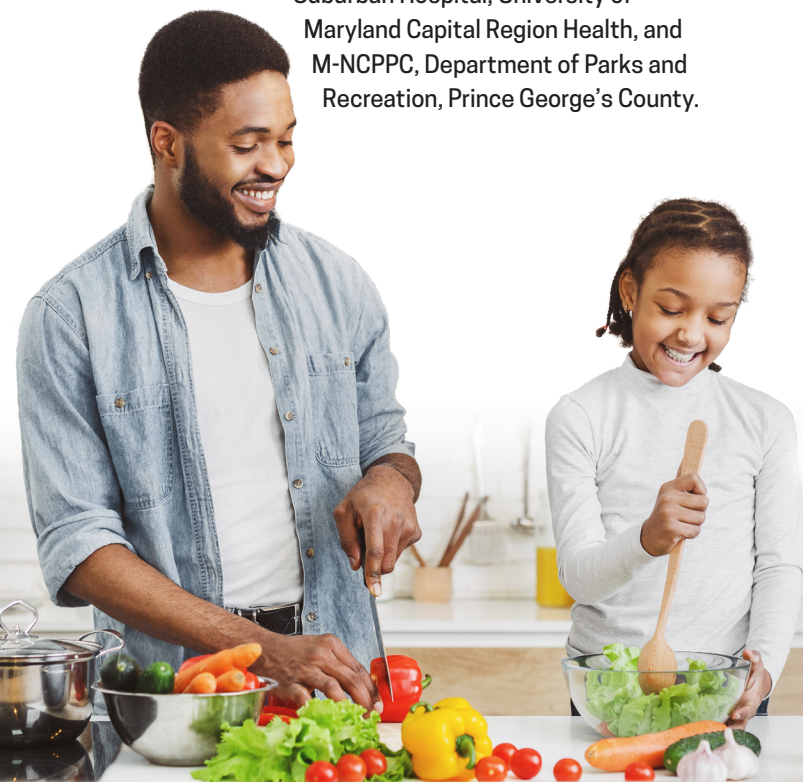
The coronavirus keeps us home for our safety. It also keeps us close to the kitchen and those tempting snacks. In celebration of National Nutrition Month, we will learn how to make smart food and exercise choices at home, and how to incorporate intentional cleaning practices to keep you and your family safe from infections.

**Smile for Health
Wednesday, April 28, 6-7:30 pm**

April is National Oral Health Month. During this session we will share news that is sure to make you smile! Did you know that you can help reduce oral health risks by eating smart and exercising? By the end of this session, we promise you will be smiling ear to ear!

**Physical Activity: The Antidote for Stress
Wednesday, May 26, 6-7:30 pm**

Make physical activity and exercise feel less like a chore! Celebrate National Mental Health Month and learn why movement is not just an antidote for depression, anxiety and loneliness, but a source of joy. During this session you will also learn about foods that contribute to stress reduction and how to make simple changes to benefit your overall physical and mental health.



For more information, visit wellness.pg parks.com or contact us at wellness@pg parks.com.

To register to attend this program, please email wellnessinfo@co.pg.md.us. ■ All ages are welcome.

